

RONNIE DELZER

About Me

Plain and simple, I love to Run! My passion for running started when I was just a kid following in my father's footsteps. Through those early years of running I discovered I was pretty good at it and continued through high school eventually running collegiately at East Carolina University. After college, I started a fulltime career in the Building Materials Industry, married my college sweetheart, and was blessed with two amazing children. Although life was busy I never lost my passion for endurance sports. I completed three Ironman triathlons from 2007-2012 and then began looking for that next challenge. The last few years I started getting into Ultra Running and exploring what my body is capable of.

My first 100 Mile Ultra Race came in 2015 at the U.S. 100 Mile Trail Championships, called the Rocky Raccoon 100, in Huntsville, TX. In this debut performance, I placed 3rd Overall in the U.S. with a time of 14:15:53. Early this year I placed 1st in the U.S. Championship race at Rocky Raccoon. With a time of 13:44:28 I garnered the 13th fastest time in the event's history. Of the top 22 times all-time, I join Ian Sharman (4), Jorge Pacheco (3), Hal Koerner (2), and Anton Krupicka (2) as the only ones to be in that list two times or more. Those guys are legends!

My highlight for 2016 was breaking the Guinness Book of World Record's *Greatest Distance Run on a Treadmill in 12 hours* with a total distance of 89.38 miles. I have hopes in the not so distant future to break the 100-mile treadmill record of 13:42:33.

In 2017 I have set challenging goals using my knowledge from the past few years to outline a schedule of 4-5 hundred mile races. I will attempt to average 14 hours, ultimately aiming to have the fastest 100-mile finishing times of the year.

I am currently sponsored by Klean Athlete, Drymax Socks, Alternative Health Center of The Woodlands, Sterling Ridge Orthopaedic & Sports Medicine, and an ambassador for Huma Energy Gels.

Race Highlights

09/17/17 – **10th Tunnel Light Marathon** Time 2:34:13 *PR
1st Overall

05/22/17 – **10th Keys 100 Mile** – Time 17:53:47
5th Overall

04/01/17 – **23rd Umstead 100 Mile** – Time 14:43:48
2nd Overall

03/04/17 – **The Woodlands Marathon** – Time 2:39:03 *PR
5th Overall

02/04/17 – **25th Rocky Raccoon Mile** – Time 13:44:28 *PR
2nd Overall & 1st Overall U.S. 100mi Trail Championships

10/08/16 – **10 For Texas** – Time 56:35 *PR
4th Overall

08/20/16 – **Guinness World Record - Greatest Distance Run on a Treadmill**
in 12 hours – 89.38 miles

04/02/16 – **Gorge Waterfalls 100k Trail Race** – Time 10:25
9th Overall

12/05/15 – **TNF Endurance Challenge 50mi Championships** – Time 7:32:16
37th Overall

11/07/15 – **Rocky Raccoon 25k Trail Race** – Time 1:40:53
1st Overall

09/26/15 – **Bigfoot 50k Trail Race** – Time 4:17:38
*1st Overall *Course Record*

01/31/15 - **Rocky Raccoon 100 Mile** – Time 14:15:53
3rd Male U.S. 100mi Trail Championships

e-mail:
ronniedelzer@yahoo.com

phone:
281-386-0117

website:
www.ronniedelzer.com

twitter & Instagram:
@ronnie_delzer

hometown:
The Woodlands, TX

